1:Redfield E-5 (1926-1927) 1930
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This description of the domestic equipment relates to most of the houses in Tepoztlán. A conspicuous minority, however, as has already been indicated, enjoy elements of modern industrial civilization. A house of this limited class may possess a few china dishes, or a few glasses, some metal pans, perhaps a sideboard or a metal bed or even a phonograph. The sewing machine alone, however, among modern machines, has become a part of the general Tepoztecan material culture; it is found in all parts of the village and in houses otherwise Indian in character.

Cookery[1] has been but slightly modified by European elements. The most important foodstuffs contributed by European culture are beef, pork, sugar, rice, chickens, eggs, and milk. Less important contributions are potatoes, lima beans, wheat flour, chick-peas, citrus fruits, and spices. The maize-squash-beans complex remains, however, the basis of cookery. These staples were and still are cooked with *chiles* and tomatoes. Honey is still used as a sweetening, but has been largely supplanted by cane sugar. Cinnamon has displaced the native vanilla. The apparatus of cookery and the accompanying techniques are almost untouched by European influence. Maize is boiled with lime and ground on the *metate* to a dough which is the basis of a variety of foods. Chief among these is the *tortilla* (N. *tlaxcalli*), the inevitable griddle-bread which accompanies every meal both as a food and as an eat-

[1] See Margaret Park Redfield, art., "Notes on the Cookery of Tepoztlán, Morelos."

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

nails and now, not infrequently, on wood or wire clothes hangers purchased in Cuernavaca. Clothes closets are used only in a very few well-to-do homes in the center of the village. Food, except corn and beans, does not present a storage problem, since it is purchased in small quantities for immediate consumption. A few cans, bottles, jars, and baskets usually suffice to take care of current food. But the more modern or acculturated the family, the greater the number of storage facilities.

The family supply of corn presents the most important storage problem. For this purpose separate structures resembling corncribs are built in the family patio. Redfield describes these as follows:

> The storehouse (S. *troje*) is practically always present, and is usually placed immediately in front of the dwelling. It occurs in three forms, all of which are probably of entirely pre-Columbian design. The *ohuatlapil* (N. *ohuatlapilli*) is most common. This is circular, about six feet high and of varying diameter; it is made of vertical cornstalks bound together with rope. It contains maize on the cob (S. *mazorca*). Also made to contain *mazorca* is the *cincolote* (N. *zincolohtli*). This is square, of poles laid horizontally, one pair upon another at right angles to the first until the structure is raised tall enough to contain the maize to be stored. The *cuezcomate* (N. *cuezcomatl*) is a vasiform granary, plastered inside and out with clay. In it is kept shelled corn.[8]

The *cuescomatl* is now a rarity in Tepoztlán, since most of them have been dismantled or allowed to fall in ruin. They are considered very primitive in appearance, and the few families who still own them are not keeping them in good repair and obviously do not take pride in them, although some of them are over a hundred years old. Now shelled corn is stored inside the house in large sacks made of *petates* sewn together, in large baskets, or in burlap bags.

The sewing machine has, as Redfield put it, "become a part of the general Tepoztecan material culture; it is found in all parts of the village and in houses otherwise Indian in character." At present there are 215 sewing machines in Tepoztlán, owned by 25.3 per cent of the families. This is a relatively high proportion in comparison with other rural areas. The average distribution in rural areas throughout Mexico is 15.6 per 100 families; the average for both rural and urban areas in the nation is 22.5 per cent.

Although sewing machines are apt to be found in the poorest homes, as well as in well-to-do homes, there is a high correlation between degree of wealth and ownership of sewing machines. We find such ownership in 76 per cent of Group III, 39 per cent of Group I–C, and 10 per cent of Groups I–A and I–B. It is interesting to note that among Groups I–A and I–B there is a considerable number of families who own no property except a sewing machine. The few wealthy families who do not have their own machines either have little need for one or have all their clothing made by a local seamstress. The 215 machines in Tepoztlán service many more than that number of families, since it is customary to lend or rent machines to relatives and neighbors, and most machines are in continuous use. Indeed, it may be said that one of the secondary but not unimportant effects of the sewing machine

[8] Redfield, *Tepoztlán*, pp. 33-34.

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

is to provide women with an excuse for visiting each other, and that it has extended their social life.

There are less than a dozen battery-operated radios in the village, and most of them have been purchased since 1944. There are also about 44 spring-driven phonographs.

DIET

As in rural Mexico as a whole, the basic diet of the people of Tepoztlán consists of corn, beans, and chile. Squash, which was reported by Redfield to be an important element in the food complex of Tepoztlán, is not part of the regular daily diet and is eaten only a few months of the year. The proportion of corn, beans, and chile in the diet varies sharply from family to family and depends upon the season, income, and food habits of the family. The consumption of corn, which is the major food staple, ranges from 10 per cent to as much as 70 per cent of the family diet. In general, the poorer the family, the higher the proportion of corn, beans, and chile in the diet.

Yellow corn is most commonly used in Tepoztlán, but blue and white corn is also locally grown and used. Corn is most frequently eaten in the form of tortillas and occasionally in the form of *atole* (gruel). Tamales made of corn dough are eaten at certain fiestas; corn *pozole* and corn *pinole* are known but are not characteristic foods in this village. The preparation of the corn dough or *nixtamal* with lime is the same in Tepoztlán as in other parts of Mexico. There is a wide variety of beans in Tepoztlán, but the most commonly eaten are red kidney beans cooked with lard, chile, and sometimes tomato and onion. Green chile, ground with onion and tomato, is prepared daily as a sauce to be eaten with tortilla and whatever other foods are served. *Chile pasilla*, a large dried red chile, is more expensive and is generally reserved for use in the fiesta *mole* sauce.

The basic diet is supplemented by many other foods which are either locally cultivated, gathered wild, or purchased in the stores and market place. Among the foods used in Tepoztlán are the following:

zapote	beans	honey
banana	avocado	spices
orange	hog plum	herbs
lemon, lime	*chirimoya*	beef
grapefruit	*mameys*	pork
chayote	papaya	chicken
manzanillos	mango	turkey
tomato	squash	milk
sugar cane	peanuts	eggs
pitos	coffee	cheese
acacia seeds	prickly pear	clotted cream

The fields, forests, and mountain sides provide many free foods the year round. There are several varieties of wild edible greens, which are important in that they